Claims

1. A stereoguide comprising first and second guide elements through which instruments are passed along an axis of insertion towards a target; characterised by a first clamp having a clamping position on the axis between the guide elements and the target, or on the opposite side of the guide elements for clamping instruments passing through the guide elements.

2. A stereoguide according to claim 1, further comprising a second clamp having a clamping position on the axis of insertion and on the opposite side of the guide elements to the first clamp for clamping instruments passing through the guide elements.

3. A stereoguide according to claim 1 or 2, wherein the or each clamp is moveable away from its clamping position.

4. A stereoguide according to claim 3, wherein the or each clamp is swivelable away from its clamping position.

5. A stereoguide according to any one of claims 2 to 4, wherein the second clamp is disposed between the guide elements and the target.

6. A stereoguide according to claim 5, further comprising a post extending from the first guide element and carrying the first clamp, and a leg extending from the second guide element and carrying the second clamp.

7. A method of positioning an instrument at a target using a stereoguide according to any one of the preceding claims comprising;

inserting a wire into a support tube;

inserting the wire and support tube together along an axis of insertion towards the target via the guide elements of the stereoguide;

removing the support tube form the wire, leaving the wire *in situ*;

inserting a guide tube around the wire towards the target;

securing the guide tube in position;

removing the wire; and

inserting the instrument to the target via the guide tube.

8. A method according to claim 7, wherein the insertion of the wire into the support tube results in the wire projecting from the end of the support tube.

9. A method according to claim 8, wherein the wire projects from the support tube towards the target by about 25mm.

10. A method according to any one of claims 7 to 9, wherein once the wire is inserted into the support tube they are fixed together by virtue of a finger tightenable screw carried by the support tube.

11. A method according to any one of claims 7 to 10, wherein after insertion of the wire to the target, the first clamp is clamped to the wire.

12. A method according to claim 11, when dependant on claim 10, wherein removal of the support tube includes release of the finger tightenable screw.

13. A method according to claim 11 or 12, wherein removal of the support tube includes moving the support tube along the wire until it is positioned between the first and second clamps, clamping the wire with the second clamp, releasing the first clamp, and withdrawing the support tube from the wire.

14. A method according to any one of claims 7 to 13, wherein insertion of the guide tube includes passing the guide tube over the wire until the tube is positioned between the first and second clamps, clamping the wire with the first clamp, releasing the second clamp, and moving the guide tube towards the target.

15. A method according to any one of claims 7 to 14, wherein, before removing the wire, both clamps are released.